

MAGAZINE OF THE WEEK



EAT WELL • LIVE WELL • BE WELL

nourish MAGAZINE

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HEALTHY EATING

New from Lovatts Media - *Nourish* The Sustainability Issue

With a larger, luxe format and strong focus on the global rise of plant based eating and lifestyle, *Nourish* educates, enlightens and supports readers in discovering the best in plant based food and living.

Beginning with the 'sustainability issue', we intend to further embrace clean, plant-based living and provide recipes that are not just delicious, but good for both our health and that of the planet.